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OUR TEAM:

Janet Holmes
Director

Angela DaPonte
Assistant Director

Patty Lavoie
Office Assistant

Chris Perry
Bus Driver

Phil Ferreira
Manny Fontes
Maintenance

Michele Blanchette
Nancy Lambert
Dining Assistants



The Tiverton Senior Center

207 Canonicus Street
Tiverton, RI 02878
Telephone: 401-625-6790
Fax: 401-625-6793
Email: seniorcenter@tiverton.ri.gov

MARCH 2023



March 12th:



Nurse Terri Gomes from Visiting Nurse –Home & Hospice will be doing Free Blood Pressure Screenings on Thursday, March 16th from 10:00a.m. to 11:30 a.m. Please wear a mask.

Learn to play the UKULELE with Otis

Have you ever wanted to learn how to play a musical instrument?! Join Otis Read for some fun and guidance. **Mondays from 1:00 to 2:00 p.m., beginning March 13th.** This series is limited to ten participants.
\$20 for this six week session



Sign-up in office for the first six-week session

Thursday, March 2nd at 10:15 a.m.: ART for Your Mind

March's featured topic: **!Pablo Picasso and Cubism!**

Art For Your Mind is an engaging, educational, art observation experience designed to broaden the minds of its participants. Presentations are for people of all ages and backgrounds – artists and non-artists alike.

The featured topic, **Pablo Picasso and Cubism**, explores the thinking and theories behind this famous artist and the Cubist art style, with an effort towards making sense of his totally unique approach to the language of art. **Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways!**



Intro to Oils, Water colors and Acrylics
Shawndavid Berry, our tree artist, will be holding art classes, **beginning, Tuesday, March 14th** from 2:15– 3:45p.m.

Four week session, limited to ten people

\$20 for this four week session

Sign-up in office for the first four-week session



ACTIVITIES AT A GLANCE

TOPS – Monday at 9:00 a.m. in Game Room

Exercise with Deb—Mondays & Wednesdays 9 a.m. and Fridays at 10:00 a.m. \$3

Quilting for Charity meets every Monday at 10:00-3:00 p.m.

Pitch League- Hi, Lo, Jack meets Mondays at 12:30 p.m.

Chair Yoga with Shirley—Tuesday's at 9 a.m. Class fee is \$3.00 per class.

Drums with Jessica-Tuesdays at 1:00 p.m. Class fee is \$3 per class.

Book Club Tuesday, March 21st at 10:15 a.m. Louise Erdrich's "Look Again"

Mahjongg– Tuesdays and Fridays, beginning 11:00 a.m.

Wednesdays: 12-3 Live Music; 12:30 Cribbage & Chorus/Lounge

Balance Class with Jess-Thursdays at 9:00 a.m. Class fee is \$3 for members

Art For Your Mind-Thursday, February 2nd at 10:15 a.m. PICASSO & Cubism

Center Meeting will be held on Thursday March 23rd at 10 a.m.

FREE Wellness Check with Nurse Terry-Thursday, Mar.16th 10:00-11:30 a.m.

BINGO-Thursdays!!! Starts at 1:00 PM Sharp! March 2,9,16,23,30

Knitters for Charity-Thursdays at 1:00 p.m.

Zumba with Jessica—Fridays at 8:45 a.m. Fee is \$3.00 per class

Game Day– Fridays 12:00-3:00 p.m.

Learn Mah Jongg-beginning April 11th; limited to four; sign up in office-no walk-ins; need 2023 card

Welcome New Bus Driver Chis Perry!



Expanding Service ~two Thursdays/month

GAME DAY~

Fridays 12-3 p.m.



CARE GIVER SUPPORT GROUP

Alzheimer's and Care Giver Support Group will meet in the Lounge on
Mondays March 13th and 27th from 2:30 to 3:45p.m.;

Nurse Care Manager:

Janet Grapentine facilitates this group.

New care givers are welcome.



KARAOKE~ Join Rick Arruda and the Very Brave
for an afternoon of singing, socializing & dancing~
Monday, March 6th from 1– 3 p.m.

FUN for Everyone!!

**BINGO 1:00 PM
SHARP!**

Thursdays!

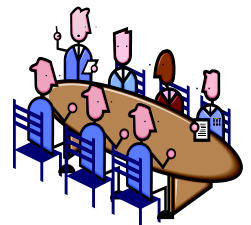
**MARCH 2nd, 9th,
16th, 23rd, 30th**



CENTER MEETING –THURSDAY, March 23rd at 10:00 A.M.

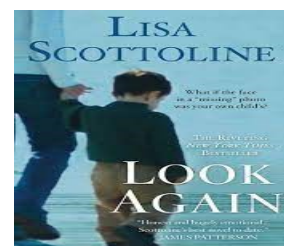
The purpose of this meeting is to discuss our financial status, the condition of the building and grounds, fund raising, activities, special events, and classes or activities that you would like to see at the Center.

The Senior Center needs **YOU** to keep it moving along with fresh, new ideas and new members who actively participate. We need to keep our Center membership and our meal-site participant numbers growing.. The success of our Senior Center depends upon everyone's involvement. Please join us at our monthly meeting & lend your support and ideas.



Please welcome our new bus driver, Chris Perry; Ray Benoit will continue as a fill-in when Chris is unavailable. Our bus continues to bring folks to our Center or shopping on Tuesdays & Wednesdays. **We are now adding bus service every other Thursday.** Please call 401-625-6790 to reserve your spot. Bus trips are not individualized. Shopping Bags are limited to four per person.

BOOK GROUP We will meet on **Tuesday, March 21st at 10:15 a.m.**
March's selection is: "Look Again" by Lisa Scottoline If you are interested in joining us, please feel free to attend on the above date at the Senior Center. New members are welcome at any time.
 Suggestions on authors and books are gladly accepted.



URI Pharmaceutical Outreach Program: Thursday MARCH 9th at 10 a.m:
Medications as We Age

Managing diseases becomes more difficult due to changes that naturally occur as we get older and treating those illnesses can become more problematic due to our aging bodies' natural susceptibility to unwanted side effects of medications.



Come share your talent every Wednesday afternoon between 12 noon and 3 p.m.!
Live Band!! Come and Jam with the band!!
The dance floor is calling YOU!!!!

COMPUTER EXPO with Mark Rudd

The Expo will be held from **10 a.m to 11:30 a.m. on Wed, March 8th**. This extra time allows a larger gathering of the Rudd's devices, showcasing Windows, Apple and Android hardware. This class focuses on hardware whereas April's class will focus on software. **Call 625-6790** to reserve your seat.



MARCH 2023!!

Phil Ferreira	01
Holly Phillips	01
George Devine	03
Kathleen Rioux	04
Nancy Marceau	04
Carol Parsons	05
Sarita Pimentel	06
Tom Walmsley	07
Evelyn Barboza	07
Russell Wordell	08
David Rose	08
Dorothy Costa	08
Ann Marie Couture	09
Brenda Cormier	09
Annette Foltz	12
Eleanor Emond	14
Carol Patenaude	14
Dorothy Cyr	16
Janet Rancourt	18
Lucille Patterson	19
Janice Goyette	20
Salma Jabbour	20

Anne LeBreux	21
Carol Fraile	21
Paulette Gagnon	22
Glenda Sakala	22
Paul Desrosiers	22
Bruce Thompson	23
Joanne Bell	23
Ellen Birnbaum	24
Jan Padula	24
Carole Siembab	25
George Pacheco	25
Deborah Medeiros	26
Janice Bolduc	26
Phyllis Rego	28
William Medeiros	28
Helen Scholl	28
Joseph Pavao Jr.	28
Ronald Gagnon	30

Happy Birthday



Come Celebrate!!!
 St. Pat's with a
 Special Holiday Concert
 on **Friday, March 10th** at
1:00 p.m. featuring the
 fine music of the
Island Senior Chorus

